

## CLAIMS

1. A carry-on heart rate monitor measuring a person's heart rate non-invasively, the heart rate monitor comprising a display for displaying heart rate information about a heart rate signal measured on the person, the display comprising a display element for displaying a settable minimum limit for a desired heart rate level, a display element for displaying a settable maximum limit for a desired heart rate level, a display element unit controlled by the measured heart rate level and provided with several display element segments, one or more of the display element segments contained in the display element unit being used at a time as an indicator controlled by the measured heart rate level to illustrate the height of the heart rate level with respect to the minimum limit for the desired heart rate level and the maximum limit for the desired heart rate level,

wherein the display element for displaying a settable minimum limit for the heart rate level is located at a first end of the display element unit controlled according to the heart rate level, on the same side of the display as the first end of the display element unit, and that the display element for displaying a settable maximum limit for the heart rate level is located at a second end of the display element unit controlled according to the heart rate level, on the same side of the display as the second end of the display element unit.

2. A heart rate monitor as claimed in claim 1, wherein the display element for displaying a settable minimum limit for the heart rate level and the first end of the display element unit controlled according to the heart rate level are located on the same side of the display with respect to both a center line of the display parallel to the reading direction of the display and a center line of the display perpendicular to the reading direction of the display.

3. A heart rate monitor as claimed in claim 1 or 2, wherein the display element for displaying a settable maximum limit for the heart rate level and the second end of the display element unit controlled according to the heart rate level are located on the same side of the display with respect to both the center line of the display parallel to the reading direction of the display and the center line of the display perpendicular to the reading direction of the display.

4. A heart rate monitor as claimed in claim 1, wherein the display element for displaying a settable minimum limit for the heart rate level and the

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first end of the display element unit controlled according to the heart rate level are located on the same side of the display as the display element for displaying a settable maximum limit for the heart rate level and the second end of the display element unit controlled according to the heart rate level.

5           5. A heart rate monitor as claimed in claim 1, wherein the display element unit controlled on the basis of the measured heart rate level is directed such that the direction of motion of the indicator controlled on the basis of the measured heart rate level is substantially parallel to the reading direction of the display elements for the minimum limit and the maximum limit of the heart rate level.

10           6. A heart rate monitor as claimed in claim 1, wherein the heart rate monitor comprises means for selecting a display mode from a set of at least two display modes, i.e. a set comprising at least a first and a second display mode.

15           7. A heart rate monitor as claimed in claim 6, wherein in a first display mode, the minimum limit and the maximum limit for the heart rate level are shown as heart rate readings.

20           8. A heart rate monitor as claimed in claim 6 or 7, wherein in a second display mode, the minimum limit and the maximum limit for the heart rate level are shown as a proportion of the maximum heart rate.

            9. A heart rate monitor as claimed in claim 1, wherein the indicator controlled on the basis of the measured heart rate level and located in the display element unit is different in the second and the first display mode.

25           10. A heart rate monitor as claimed in claim 9, wherein the means for changing the display mode are arranged to change the indicator controlled on the basis of the measured heart rate level in accordance with the display mode.

30           11. A heart rate monitor as claimed in any one of claims 6 to 10, wherein the means for changing the display mode are arranged to change the same display mode for the display element for displaying the minimum limit for the heart rate level, the display element for displaying the maximum limit for the heart rate level, and for the actual main display element for the heart rate level contained in the heart rate monitor.

35           12. A heart rate monitor as claimed in claim 1, wherein the heart rate monitor is a heart rate monitor equipped with a fastening wristband and capable of attachment to a human hand, onto the wrist in particular.

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13. A heart rate monitor as claimed in claim 1, wherein the heart rate monitor comprises means for measuring a heart rate signal, means for modifying the signal measured by the measurement means, data-processing means for finding out the heart rate level from the signal modified by the modification means, the data-processing means being connected to the display, and a user interface for controlling the operation of the heart rate monitor.
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